

What is claimed is:

1. A method of reducing inflammation of an ocular tissue comprising contacting said tissue with a composition comprising a carotinoid and a polyphenol.

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2. The method of claim 1, wherein said composition further comprises a glutathione precursor.

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3. The method of claim 1, wherein said composition further comprises a vitamin anti-oxidant.

4. The method of claim 1, wherein said composition further comprises an alpha lipoic acid.

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5. The method of claim 1, further comprising contacting said tissue with an omega-3 fatty acid.

6. The method of claim 5, wherein said omega-3 fatty acid is eicosapentaenoic acid or docosahexaenoic acid.

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7. The method of claim 1, wherein said carotenoid is a mixed carotenoid compound, an astaxanthin or a zeaxanthin.

8. The method of claim 1, wherein said polyphenol is curcuma longa root powder, green tea, grape seed extract, or a citrus bioflavonoid.

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9. The method of claim 1, wherein said polyphenol is a cox-2 inhibitor.

10. The method of claim 9, wherein said cox-2 inhibitor is a quercetin, a bilberry extract, a hops PE, blueberry powder or tart cherry powder.

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11. The method of claim 2, wherein said glutathione precursor is taurine or N-acetyl-L-cysteine.
- 5 12. The method of claim 3, wherein said vitamin anti-oxidant is Vitamin A, Vitamin B, Vitamin C, Vitamin D or Vitamin E.
13. The method of claim 1, wherein said composition further comprises a trace mineral.
- 10 14. The method of claim 1, wherein said ocular tissue is sclera tissue, iris tissue, cornea tissue, pupil tissue, lens tissue, conjunctiva tissue, vitreous tissue, choroids tissue, macula tissue or retina tissue
- 15 15. A method of alleviating a symptom of dry eye or macular degeneration, comprising administering to a subject suffering from or at risk of developing dry eye or macular degeneration a composition comprising a carotinoid and a polyphenol.
- 20 16. The method of claim 15, wherein said composition further comprises a glutathione precursor.
17. The method of claim 15, wherein said composition further comprises a vitamin anti-oxidant.
- 25 18. The method of claim 15, wherein said composition further comprises an alpha lipoic acid.
19. The method of claim 15, further administering said subject an omega-3 fatty acid.

20. The method of claim 19, wherein said omega-3 fatty acid is eicosapentaenoic acid or docosahexaenoic acid.
21. The method of claim 15, wherein said carotenoid is a mixed carotenoid compound, an astaxanthin or a zeaxanthin.
22. The method of claim 15, wherein said polyphenol is curcuma longa root powder, green tea, grape seed extract, or a citrus bioflavonoid.
23. The method of claim 15, wherein said polyphenol is a cox-2 inhibitor.
24. The method of claim 23, wherein said cox-2 inhibitor is a quercetin, a bilberry extract, a hops PE, blueberry powder or tart cherry powder.
25. The method of claim 16, wherein said glutathione precursor is taurine or N-acetyl-L-cysteine.
26. The method of claim 17, wherein said vitamin anti-oxidant Vitamin A, Vitamin B, Vitamin C, Vitamin D or Vitamin E.
27. The method of claim 15, wherein said composition further comprises a trace mineral.
28. The method of claim 15, wherein said composition is administered systemically.
29. The method of claim 15, wherein said composition is administered locally.
30. The method of claim 29, wherein said composition is administered by directly contacting an ocular tissue.

31. The composition comprising a carotinoid and a polyphenol.
32. The composition of claim 31, wherein said composition further comprises a glutathione precursor.
- 5 33. The composition of claim 31, wherein said composition further comprises a vitamin anti-oxidant.
- 10 34. The composition of claim 31, wherein said composition further comprises an alpha lipoic acid.
35. The composition of claim 31, wherein said carotenoid is a mixed carotenoid compound, an astaxanthin or a zeaxanthin.
- 15 36. The composition of claim 31, wherein said polyphenol is curcuma longa root powder, green tea, grape seed extract, or a citrus bioflavonoid.
37. The composition of claim 31, wherein said polyphenol is a cox-2 inhibitor.
- 20 38. The composition of claim 37, wherein said cox-2 inhibitor is a quercetin, a bilberry extract, a hops PE, blueberry powder or tart cherry powder.
39. The composition of claim 32, wherein said glutathione precursor is taurine or N-acetyl-L-cysteine.
- 25 40. The composition of claim 33, wherein said vitamin anti-oxidant is Vitamin A, Vitamin B, Vitamin C, Vitamin D or Vitamin E.
- 30 41. The composition of claim 31, wherein said composition further comprises a trace minerals.